



NRST Spring Sprint

April 9<sup>th</sup> & 10<sup>th</sup>, 2016

Nanaimo Aquatic Center

741 3<sup>rd</sup> Street Nanaimo, BC

Sanctioned by SWIM BC: #19263

Warm ups and Session Start Times	
Saturday Morning (April 9th) Session 1	
Warm ups	8:00-8:50am
Competition	9:00-2:00pm
Saturday Afternoon (April 9th) Session 2	
Warm ups	Estimated 4:00-4:40pm
Competition	4:45-7:30pm
Sunday Morning (April 10th) Session 3	
Warm ups	8:00-8:50am
Competition	9:00-2:00pm

**Pool Features:**

- 1-50m Competition pool (8 lanes)
- Colorado electronic timing, touch pads and scoreboard
- Coffee shop available on site

**Meet Rules:**

1. The meet will run under Swim BC and Swimming Canada rules, including warm-ups procedures, scoring and one start rule.
2. The current Swimming Canada swimsuit rule will be observed
3. Maximum number of events each swimmer can enter is 8, no more than 3 per session
4. Age groups will be 9&under, 11&under, 12-13, 14-15 and 16&over
5. Swimmer entered in the 200 and 400m events must have a Swim BC "A" standard
6. 9&unders must have a Swim BC 11&under "A" standard in the 200 and 400m events
7. All events will be swam as mixed gender and slowest to fastest
8. Being mixed-gender, Swim BC/Swimming Canada record breaking performance will not be ratified as new records
9. All event will be swam as time finals
10. Meet Management reserves the right to limit the number of 400 heats if we exceed the time outs
11. Session 2 warm-ups, Saturday afternoon will start 2 hours after the projected time out of session 1
12. Warm ups for session 2 will be 40 mins
13. Meet Management reserves the right to include swimmers for the host team without required time standards swim in events with time standards.

**Eligibility:**

- Swimmers registered with Swim BC or other FINA related organizations
- Swimmers age is determined on the first day of the meet.

**Refunds:**

- Swimmers who scratch from the meet due to medical reasons must submit a medical certification in order to receive a refund on meet fees. There will be no refunds for individual events made after the scratch deadline.

Entries: **Entry Deadline: March 31, 2016**

- Entries will be limited to 300 swimmers with the 300<sup>th</sup> swimmers team being the last team accepted
- Reservations can be made by emailing the Meet Manager ([meets@nanaimoriptides.com](mailto:meets@nanaimoriptides.com)) with the estimated number of swimmers attending the meet. Entries will be accepted on first come first serve bases. Meet Manager will confirm by email those teams whose reservations are accepted
- Team attending all 3 session will be given priority
- Please respect other teams wishing to attend by giving an accurate estimated number of swimmers wishing to attend. Entries must be uploaded prior to the entry deadline to [www.swimming.ca/Meetlist.aspx](http://www.swimming.ca/Meetlist.aspx)
- No charge scratch deadline is April 5, 2016
- Fees must be paid in full prior to the start of the meet. Please make cheques payable to NRST

**Deck Entries:** No deck entries will be accepted

**Entry Fees:**

\$9 Per individual events

\$4 Swim BC Provincial Splash Fee per swimmer

Entries or changes to entries received after the entry deadline (March 31, 2016) will be accepted at the discretion of meet management. If accepted, the entry fee will be double per event

Events	
Saturday Morning	
1	100 free
2	50 fly
3	100 back
4	200 breast
5	200 IM
Saturday Afternoon	
6	100 fly
7	50 breast
8	200 back
9	50 free
Sunday Morning	
10	200 free
11	50 back
12	200 fly
13	100 breast
14	400 free



## **COMPETITION WARM-UP SAFETY PROCEDURES**

Meet Management for all sanctioned Canadian swimming competition must ensure the following safety procedures are applied. It is incumbent on coaches, swimmers, and officials to comply with these procedures during all scheduled warm-up periods. Coaches are requested to encourage swimmers to cooperate with Safety Marshals.

### **GENERAL WARM-UP:**

- Swimmers must enter the water **FEET FIRST** in a cautious manner, entering from a start or turn end only and from a standing or sitting position.
- Running on the pool deck and running entries into the pool tank are prohibited.
- Meet Management may designate the use of sprint or pace lanes during the scheduled warm-up time. Any such lane usage must be communicated either in pre-competition handout, announcement or deck signage.
- Diving starts shall be permitted only in designated sprint lanes.
- Only one-way swimming from the start end of sprint lanes is permitted.
- Notices or barriers must be placed on starting blocks to indicate no diving during warm-up.

### **EQUIPMENT:**

- Kick Boards, Pull-Buoys, Ankle Bands, and Snorkels are permitted for use in the scheduled warm-up time.
- Meet Management may permit use of tubing or cord assisted sprinting in designated lanes and during specific times of the warm-up only. Coaches are responsible for equipment reliability and use.
- Hand paddles, drag chutes, and flippers / fins are not permitted during any warm-up at any time.

### **VIOLATIONS:**

- Swimmers witnessed by a Safety Marshal diving or entering the water in a dangerous fashion will be removed without warning from their first event following the warm-up period in which the violation occurred.
- In the case of a second offense during the same competition the swimmer will be removed from the competition in its entirety. A provincial disciplinary action or report may be filed.

### **SAFETY MARSHALS:**

The Safety Marshal is a trained position designated by Meet Management. Safety Marshals shall:

- Be visible by safety vest
- Be situated at each end of the competition tank and when applicable, similarly situated in designated warm-up tanks when pre-competition warm-ups are scheduled.
- Actively monitor all scheduled warm-up periods.
- Ensure participants comply with warm-up safety procedures and report violations to the Referee.

### **PARA-SWIMMER NOTIFICATION:**

Coaches are requested to notify Safety Marshals of any Para-swimmers participating in warm-ups where necessary and at the coach's discretion.

The following statement must appear in all Swimming Canada sanctioned meet information and posted notices:

**“SWIMMING CANADA WARM-UP COMPETITION SAFETY PROCEDURES WILL BE IN EFFECT AT THIS MEET.”**